

U.S. Application No. 10/774,719

This listing of claims will replace all prior versions and listings of claims in the application:

Listing of Claims:

1. *(Cancelled)*.
2. *(Previously Presented)* The exercise device of claim 22 wherein the elongated tube includes a pair of ends and further comprising an other handle secured to the elongated tube, each handle associated with a respective one of the ends of the elongated tube.
3. *(Previously Presented)* The exercise device of claim 22 wherein the engaging member comprises nylon.
4. *(Cancelled)*.
5. *(Previously Presented)* The exercise device of claim 22 wherein the first end and second end are connecting portions rounded to facilitate grasping for unsecuring the connecting portions.
6. *(Previously Presented)* The exercise device of claim 5 wherein the connecting portions comprise hook and loop fastening means.
- 7-10. *(Cancelled)*.
11. *(Currently Amended)* The exercise device of claim 22 wherein ~~the strip~~ a strip is stitched to the engaging member and defines the channel.
- 12-13. *(Cancelled)*.
14. *(Currently Amended)* The exercise device of claim 24, the engaging member including connecting portions releasably securable to each other to form a loop configured to receive ~~[[the]]~~ a portion of the user's body.
15. *(Original)* The exercise device of claim 14 wherein the connecting portions comprise hook and loop fastening means.
16. *(Cancelled)*.
17. *(Previously Presented)* The exercise device of claim 24 wherein the body engaging member comprises nylon.
- 18-21. *(Cancelled)*.

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22. *(Currently Amended)* An exercise device comprising:

- (a) an elongated resistance tube stretchable along substantially its entire length;
- (b) at least one handle secured to the elongated tube to enable the tube to be stretched along substantially its entire length by exerting a force on the handle; and

- (c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the engaging member being flexible along substantially its entire length,

- (d) the first side including an adjustable ~~portion~~ means for releasably adjusting to different sizes to engage different portions of a user's body whereby the first end and second end are releasably fastenable in different positions to permit engaging different portions of a user's body, and

- (e) the opposite side including a channel slidably engaging the elongated tube along the length of the elongated tube for adjustably locating the engaging member on the elongated tube and wherein the channel is slidable along substantially the entire length of the tube,

the channel extending along a portion of the length of the engaging member with the adjustable means extending from the channel to at least one end of the engaging member.

23. *(Previously Presented)* The exercise device of claim 22 wherein the channel comprises a flexible material.

24. *(Currently Amended)* An exercise device comprising:

- (a) an elongated resistance tube having a length and being stretchable along substantially its entire length;

- (b) ~~at least one handle~~ first and second handles secured to the elongated tube at spaced locations along the length of the tube; and

- (c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the length extending along the along the tube length,

- (d) the first side including a releasable adjustable ~~portion~~ means for releasably adjusting to different sizes to engage ~~for engaging~~ different portions of a user's body, and

- (e) the opposite side including a channel slidably coupling the elongated tube for adjustably locating the channel ~~engaging member~~ on the elongated tube such that the channel,

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engaging member and tube are constructed to permit the channel to move along substantially the entire length of the elongated tube from the first handle to the second handle.

25. *(Currently Amended)* An exercise device comprising:

(a) a hollow elongated resistance tube having a length and being stretchable along substantially its entire length;

(b) at least one handle secured to the tube to enable the handle to pull the tube and stretch the tube; and

(c) an engaging member having a first side and an opposite side, the engaging member having a width and a length between a first end and a second end with the length being greater than the width and with the engaging member being flexible along substantially its entire length,

(d) the first side including an adjustable portion whereby the first end and second end are releasably fastenable in different positions to permit engaging different portions of a user's body, [[and]]

(e) the opposite side including a channel slidably coupling the tube along the length of the tube for adjustably locating the engaging member on the tube such that the channel, engaging member and tube are constructed to permit the channel to move along substantially the entire length of the elongated tube, and

wherein the elongated member is rotatable about the length of the tube passing through the channel.

26. *(Previously Presented)* The exercise device of claim 25 wherein the tube comprises rubber.

27. *(New)* The exercise device of claim 22 wherein the channel is pivotable about the length of the tube.

28. *(New)* The exercise device of claim 22 wherein the channel is pivotable about the length of the tube when the exercise device is in use.

29. *(New)* The exercise device of claim 27 wherein the channel is pivotable 360° about the length of the tube when the exercise device is not in use.